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BERRY STEPS DOWN

RAINMEN COACH CALLS IT QUITS {page 18}

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HALIFAX metro®
Tuesday, January 25, 2011
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News worth sharing.

Pedestrian, 63, struck and killed

Investigators working to determine where the woman was hit • Part of Coburg Road closed to traffic for several hours • No decision yet if driver will be charged

PHILIP CROUCHER/METRO



▶ Police investigate the scene of yesterday's fatal collision on Coburg Road in Halifax.

A 63-year-old woman was struck by a car and killed yesterday afternoon at an intersection on Coburg Road.

Shortly before 3:30 p.m., a black Toyota collided with a woman as she was crossing from north to south on Coburg near Edward Street, said police spokesman Const. Brian Palmeter.

He said the victim, who could not be identified, was pronounced dead at the scene.

Palmeter confirmed the driver of the vehicle is female, but didn't give an age.

Police gathered statements from a number of witnesses. As of press time, a decision hadn't been made on whether charges will be laid.

There were no visible marked crosswalks at the intersection where the accident took place.

"A crosswalk can be either marked or unmarked. So what we will do in the course of our investigation ... is determine whether or not she was in an unmarked crosswalk," Palmeter said.

At the scene, a black hat and black reusable grocery bag were found lying on the ground next to the driver's car.

Several accident reconstruction officers were also on hand. ● ALY THOMSON

World

killed in bombing

- Suicide bomber strikes Moscow's main airport
- Chechen militants suspected, Russian security tightened

{page 5}

Halifax in a deep freeze



Record low temperature almost hit {page 3}

Oval petition to hit council

Official says money to keep the skating Oval is there {page 4}

Kevin Smith rips Willis

Director says he had no help from superstar Bruce {page 9}

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Brain scan business comes to town

A Swedish company specializing in brain scanning machines is setting up shop in Halifax.

Elekta manufactures Magnetoencephalography (MEG) is a system for measuring brain activity in children and adults.

Last March, the IWK opened a MEG lab with a $1.8-million contribution over five years from the Atlantic Canada Opportunities Agency. It's the only device made by Elekta in Canada.

The company was encouraged to make Halifax their Canadian headquarters for research and development.

The announcement was made at a press conference at the IWK Health Centre yesterday.

"There are only a handful of geographical locations that have the ingredients we need to make this kind of growth possible," said Stephen Otto with Elekta.

He said Halifax has the right business climate mixed with a strong scientific community. Halifax has the highest proportion of neuroscientists of any Canadian cities.

JENNIFER TAPLIN/METRO



▶ Stephen Otto

It's not known where in Halifax or when the Elekta office will open. Around six employees will work there.

Premier Darrell Dexter said the province had no direct role in bringing Elekta to Nova Scotia, but he said it's great to be on the cutting edge of innovation.

"The ability for projects like this to affect the lives of many people is really quite extraordinary," he said. "I wanted to go out of the way to make sure they felt as welcome as possible here and to tell them anything we can do to assist and explore these kind of technologies further that we'd like to do." ● JENNIFER TAPLIN

"These research projects will open new vistas for future growth and at the end of the day, better patient care."
STEPHEN OTTO, CHAIRMAN, ELEKTA

Winter's frigid grip settles over Halifax

- Yesterday's low of -19.1 C just shy of record low of -19.5 C set in 2004
- SPCA warns to keep pets indoors

Hot dang, that was cold.

Halifax almost hit a record low yesterday, with temperatures falling into the -30 Cs with the wind chill.

Pejman Razi was certainly not used to the bitterly cold temperatures yesterday.

"I'm from a hot area originally so I don't like the cold," said Razi, who hails from Iran. "I just bought a winter hat. I felt so cold so I had to buy it." Razi was one of many bundled pedestrians walking down Spring Garden Road yesterday — and streets through HRM, for that matter.

People could be seen clutching their cheeks and noses.

Most people were walking quickly. Others with bare ears and hands were walking even quicker.

But Richard Tighe wasn't fazed by the teeth chattering temperatures.

"If it's this cold tomorrow, maybe I'll just stay at home."
HEATHER HOU, DALHOUSIE STUDENT

"I don't really mind the cold. I'm used to it," said the Haligonian, who equipped himself with a toque, gloves and a warm jacket to help handle the frigid weather.

Dalhousie student, Heather Hou, dealt with the cold by wearing two pairs of pants.

Linda Libby, a meteorologist with Environment Canada, said yesterday's low was about eight degrees below the seasonal average of -10.1 C.

She projects a high of -6 C today. ● ALY THOMSON

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ A tug boat crosses the harbour through Arctic sea smoke in Halifax yesterday. The evaporation fog occurs when very cold air drifts across relatively warm water. Wind chill warnings are in effect across parts of Eastern and Central Canada.

1 news

Mementoes tell tale of tragic century-old expedition to South Pole. Scan code for story.

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Are inflation-related problems coming sooner than expected? Allan Small has more at metronews.ca/investing.



Making African connection

We Are Connected is the theme for next month's African Heritage Month in Nova Scotia, with details unveiled at a ceremony at Province House yesterday.

It's the 27th year for African Heritage Month in Nova Scotia and the United Nations marked 2011 as the International Year for People of African Descent.

Percy Paris, minister of African Nova Scotian Affairs, said it will help people recognize their connection with the African community.

"It's important to break down barriers, and I think African Heritage Month does that," he said.

Paris said the only disappointment with African Heritage Month is that its only one month of the year. JORDAN MINX

Events calendar

Visit gov.ns.ca/ansa for a calendar of events.



▶ Toria Aidoo, a teacher at Ecole Shannon Park School, performs for students yesterday at Province House.

DATING BACK TO 1970

Man, 81, faces 40 child sex charges

RCMP in Nova Scotia say an 81-year-old New Brunswick man faces 40 sex-related charges for alleged incidents involving children dating back as far as 1970.

Police say the charges against Albert LeBlanc of Bouctouche relate to alleged offences from 1970 to 1985, when he lived in Yarmouth County.

RCMP spokeswoman Sgt. Brigdit Leger says the case involves three alleged victims who were between the ages of seven and 11 at the time.

Leger says the charges include 29 counts of gross indecency and 11 of indecent assault.

LeBlanc is scheduled to appear in court on March 15. THE CANADIAN PRESS

MLA tension over pension review

◗ Results of pension panel should be binding: Baillie ◗ Panel should look at more than pensions: McNeil



JENNIFER TAPLIN
@METRONEWS.CA

Right out of the gate the pension review panel is facing criticism.

A panel to review MLA pensions was announced on Friday by Gordie Gosse, the brand new Speaker of the House. He suggested three MLAs should set out the terms of reference for the panel.

Jamie Baillie, leader of the PC party, told reporters the panel should be independent from the start and no MLAs should touch the terms of reference.

"To me this is an issue of public outrage and cynicism more than a financial issue," said Baillie. "If the terms of reference are set by MLAs themselves then the people will conclude that the fix is in."

Baillie is jumping the gun on his criticism, said Liberal Leader Stephen McNeil.

"I need to see what the Speaker is going to ask us to do," McNeil said. "The Speaker has been on the job for less than a week and he's moved on to do a review, we want to see what that review is going to look like before we criticize or endorse it."

Premier Darrell Dexter said he was baffled by Baillie's comments so early in the process, but agrees the panel should be entirely independent.

"I think the MLAs should stay out of it and I think it should be done completely independently, including the terms of reference."
PREMIER DARRELL DEXTER

RYAN TAPLIN/METRO FILE



▶ Progressive Conservative Leader Jamie Baillie.

Money for Oval on the table

A thick petition — with more than 9,000 names on it — will land on the HRM council table today.

John Gillis with the Save the Oval Association said he's going to deliver the petition to council and also make an announcement about funding for the oval.

In an interview yesterday, he said a community group is going to offer up money, but wouldn't give out any other details.

"We want to present the city with a list of everything that's been offered, money that's on the table. Here are the terms, let's figure this out," he said.

The association's website says the deal is a multi-year commitment for operation of the oval "in the neighbourhood" of $100,000. JENNIFER TAPLIN

200,000
So far the Save the Oval Association has raised over $3,000 from individual donations and secured a commitment from GoodLife Fitness for $200,000.

Traps set to catch wily coyote

Traps have been set to capture a coyote that lunged at a man in Spryfield on Friday.

David Salter with the Department of Natural Resources said two trappers were in the area of Rockingstone Road setting traps and posting warning signs yesterday.

Salter it could be days before the coyote is caught, if at all. METRO

Exacto doesn't cut it for thief

A lone male attempted to rob the Fong Sting restaurant at 278 Lacewood Dr. yesterday.

Halifax Regional Police say at about 4 p.m., a man entered the restaurant with an Exacto type of knife and demanded cash.

He didn't get what he was looking for and fled the area on foot. METRO

As fevers rose so did calls to 24-hour nurse hot line

People with high fevers or sick children have been making use of the province's Healthlink 811 campaign, the Department of Health and Wellness said yesterday.

Calls to the 24-hour nurse line increased by 30 per cent during mid-December to early January, a release said.

During the holiday season, Nova Scotians averaged 278 calls daily seeking information about children's colds, vomiting, fevers, chest pains and other sicknesses. This increased to an average of 350 in early January.

Over the next three years, the campaign will improve the quality of emergency care, reduce overcrowding and wait time for patients in emergency rooms and provide better health care for families, Health Minister Maureen MacDonald said in a release. METRO

Healthlink 811

▶ An education plan for Healthlink 811 started last month and will continue throughout the year, the health department says.

News in brief

Sikorsky to pay for fleet delay?

SHEARWATER. A federal decision on whether the U.S-based manufacturer of Canada's new fleet of navy helicopters will pay millions of dollars in fines for late delivery will be made next month.

Sikorsky may have to pay $45,000 per day for up to 120 days of delay. CANADIAN PRESS

Singer Browne coming to HRM

TICKETS ON SALE FRIDAY. Singer-songwriter Jackson Browne will be performing at the Halifax Metro Centre on April 12.

The show is part of his 2011 Solo Acoustic Tour which starts next month in California. METRO

ROAD SAFETY

Lawmakers to walkers: Lend me one ear

Lawmakers in at least two U.S. states are looking to pull the plug on texting pedestrians and iPod-obsessed runners, claiming their diverted attention borders on disaster.

Lawmakers in Arkansas and New York have proposed restrictions on using cellphones and music players such as iPods by people running and walking on the street or sidewalk.

The proposal in Arkansas would ban pedestrians from wearing headphones in both ears while on, parallel to or adjacent to a street, road, intersection or highway. The measure also applies to runners and cyclists and would allow pedestrians to wear headphones in one ear.

THE ASSOCIATED PRESS

Suicide bomber hits Moscow airport

IVAN SEKRETAREV/THE ASSOCIATED PRESS



▶ Artyom Zhilenkov, a 35-year-old driver, speaks after the blast at Domodedovo airport in Moscow, yesterday. "The guy standing next to me was torn to pieces," he said. Zhilenkov was splattered by other victims' flesh and blood.

Head of suspected terrorist was recovered, says local news agency

Terrorists struck again in the heart of Russia, with a suicide bomber blowing himself up in Moscow's busiest airport and turning its international arrivals terminal into a smoky, blood-spattered hall of dismembered bodies, screaming survivors and abandoned suitcases. At least 35 people were killed.

No one claimed responsibility for the blast at Domodedovo Airport yesterday that also wounded 180 people, although Islamic militants in the southern Russian region of Chechnya have been blamed for previous attacks in Moscow, including a double suicide bombing on the capital's subway system in March 2010 that resulted in 40 deaths.

Yesterday's attack was most likely carried out by a suicide bomber and "attempts were being made to identify him," Investigative Committee spokesman Vladimir Markin said.

President Dmitry Medvedev called it a terrorist attack and immediately tightened security at Moscow's two other commercial airports and other key transportation facilities.

Foreign Affairs Minister Lawrence Cannon issued a strong condemnation of the attack.

He offered condolences to the families of those affected, adding he was not aware of any Canadians killed or injured in the blast.

"We condemn these cowardly acts of terrorism," Cannon said in the statement. THE ASSOCIATED PRESS

"Terrorists simply do not give up when one avenue is closed, and that's why I say, we make one mistake and a terrorist might be successful."
VIC TOEWS,
PUBLIC SAFETY MINISTER

Bomb blast reactions

Terrorists from Russia's restive North Caucasus: What kind of objectives do they have and can those objectives be achieved? ANDREI SVITAILO, AT MOSCOW'S DOMODEDOVO AIRPORT



Olga
35, HOUSEWIFE
"Terrorists are striving for the elimination of Russians and our country, but this will never happen for them!"



Tatiana
34, ECONOMIST
"These people are psychologically ill — they should be treated. I think they won't achieve their goals, even though loss of lives will be inevitable."



Maxim
22, STUDENT
"I reckon that this is not about terrorists. It is completely plausible that the problem is within the country, that it is intrinsic to Russia."



Ilkham
47, BUSINESSMAN
"The forces that govern these terrorists are clearly motivated by money. I don't think that any country is sponsoring them in any way. I believe it's the West."



Victor
62, TEACHER
"Terrorists need money from our government, even though we pump so much funds into the Caucasus region for development. The result of that is plain to see."

Woman 'sorry' for kidnapping

A North Carolina woman who raised a child snatched from a New York hospital more than two decades ago has admitted kidnapping the baby after her own attempts to have children failed, saying in a statement she was "truly sorry," the FBI said in court papers yesterday.

Ann Pettway confessed to taking the baby in early August 1987 from Harlem Hospital during an interview Sunday after she surrendered to the FBI and Bridgeport, Conn., police, a criminal complaint prepared by FBI Agent Maria Johnson said. Pettway surrendered days after a widely publicized reunion between the child she raised — now 23-year-old Carlina White — and her biological mother.

Pettway said she had had difficulty having her own children in the 1980s, was dealing with the stress of trying to be a mother and had suffered several miscarriages, Johnson said.

THE ASSOCIATED PRESS

Officials recapture cheeky monkey

A marauding monkey confined to a zoo after it bit 120 people during a two-month rampage in resort towns of central Japan briefly escaped captivity yesterday before it was captured again. The macaque named Lucky slipped out of a nature park yesterday as her cage was being cleaned.

THE ASSOCIATED PRESS

Woman survives fall from building

Witnesses say they saw a woman throw herself from the 23rd storey of a Buenos Aires hotel yesterday and survive.

The woman landed in a sitting position on the roof of a taxi whose driver got out just before the impact deeply dented his roof and shattered the windshield.

THE ASSOCIATED PRESS

S. Sudan food costs up amid referendum

Residents across Southern Sudan are in a jubilant mood after what appears to be a landslide vote to secede from the north and to create the world's newest country.

There's one side-effect of this month's weeklong referendum, though, that people are not cheering: higher prices.

Merchants and customers are complaining of price hikes over the last several weeks as the prices of some every day goods like sugar, soap and cooking oil have increased by more than 50 per cent.

One factor in the rise in prices is the reduction of imports from north Sudan related to the independence referendum.

In addition, hundreds of thousands of southerners who once lived in the north are streaming back south, putting pressure on supplies.

"In Juba, we find that many shops run by northerners are closed, the traders have gone back," said Martha Anthony, a statistician for the southern government.

Sudan's currency has also dropped in value versus the dollar, further pressuring prices. THE ASSOCIATED PRESS

NASSER NASSER/THE ASSOCIATED PRESS



▶ A southern Sudanese woman attends her belongings while waiting for the train heading south at a train station in Khartoum, Sudan.

Cost of freedom?

The government in Khartoum, the capital of Sudan, removed sugar and fuel subsidies earlier this month, raising prices across the country.

▶ **The World Food Program** expects prices to continue to rise, which could lead to the need for more food aid.

RioCan, Tanger join forces to build malls

Outlet shopping centres unique in the country, RioCan CEO says ◆ U.S. chains seek growth in Canada

The country's largest retail landlord is teaming with a U.S. firm on a $1-billion plan to develop 10 to 15 outlet shopping centres across Canada.

The joint venture would be owned 50-50 by Toronto-based RioCan Real Estate Investment Trust and Tanger Factory Outlet Centers Inc. of Greensboro, N.C. The properties would be branded as Tanger Outlet Centers.

"In response to the increasing demand by U.S. tenants to expand into Canada, RioCan is pleased to partner with Tanger to develop Canada's first portfolio of U.S.-style outlet centres," RioCan CEO Edward Sonshine said.

33
The number of outlet malls Tanger runs in 22 U.S. states, drawing 150 million shoppers each year.

RioCan has ownership interest in 296 retail properties, including 10 under development. It also has a 14 per cent equity interest in Cedar Shopping Centers, Inc., which operates in the U.S. Northeast.

The closest Tanger Outlet to the Canadian border is about an hour's drive north of Windsor, Ont., in Howell, Michigan.

"Tanger's top retail partners are looking for growth in the Canadian market and it is our intent to provide them with the outlet shopping centre sites to meet their needs," said Steven Tanger, the president and CEO of Tanger.

RioCan — Canada's largest landlord to Zellers stores — said this month it hopes to land several Target stores as tenants when the U.S. discount retailer comes to Canada over the next few years.

THE CANADIAN PRESS

Real estate. New apps



▶ Student developer Tony Brown displays his apps, Newsy and NearBuy, last Tuesday in Columbia, Mo.

PATRICK T. FALLON/THE ASSOCIATED PRESS

Doing his homework

The NearBuy application lets house seekers browse real estate listings in their area. Tony Brown created the app in 2008 as part of a contest with three other students at the University of Missouri. He won a trip to Apple headquarters and a job offer from Google.

$100M payout for Google CEO

Eric Schmidt will collect $100 million US worth of equity from Google Inc. when he steps aside as CEO, the company said yesterday. The stock and stock options will be granted on Feb. 2 and will vest over four years. Schmidt, 55, is being replaced by Google co-founder Larry Page, 37. But Schmidt will stay on as executive chairman.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar
+ 89.01 (13,347.58)	+ 0.08¢ ($100.54¢ US)
Oil	**Natural gas 1,000 cu ft**
— $1.24 US ($87.87 US)	$4.650 (+ 7.4¢)
	Gold contracts
	$1,344.50 (+ $3.50)

SERVICES D'ENTRETIEN ET D'AMÉLIORATIONS MINEURES DES LOGEMENTS FAMILIAUX A BFC HALIFAX, NOUVELLE ÉCOSSE

En tant qu'Agence spéciale du ministère de la Défense nationale (MDN), l'Agence de logement des Forces canadiennes (ALFC) est responsable de gérer les logements familiaux du MDN, y compris la prestation des services d'entretien et d'améliorations mineures.

Au nom de l'ALFC, Construction de Défense Canada (CDC) lance un appel d'offres visant des travaux d'entretien et d'améliorations mineures pour logements familiaux à BFC Halifax. Le travail sera effectué selon des Offres permanentes (OP) sur demande seulement. Les OPs seront en vigueur du 1 avril 2011 jusqu'au 31 mars 2013 (deux ans)avec la possibilité d'être prolongée d'un (1) an par période d'une année.

Le travail d'entretien et d'améliorations mineures se fera dans les domaines suivants: Béton et bitume, maçonnerie, électricité, aménagement paysager et entretien des arbres, tonte du gazon, déneigement, chauffage et climatisation, plomberie, peinture, menuiserie, nettoyage, lutte contre les insectes et les animaux nuisibles, toitures bardeaux d'asphalte et multicouche, planchers de bois dur, carreaux souples revêtements vinyliques et tapis. Les entreprises qui se jugent qualifiées à assurer des services d'entretien et d'améliorations mineures, dans l'un ou plusieurs des domaines énumérés ci-haut, doivent communiquer avec CDC au Téléphone : (902) 426-8411 pour obtenir la liste des lots de travaux.

Les entrepreneurs qui souhaitent obtenir les documents d'appel d'offres pour ce projet doivent placer une commande avec MERX par l'entremise de leur site web : www.merx.com ou en appelant le 1 (800) 964-MERX (6379)

LES DOCUMENTS D'APPEL D'OFFRES SERONT DISPONIBLES UNIQUEMENT PAR L'ENTREMISE DU CENTRE DE DISTRIBUTION DE MERX.

Date de fermeture des soumissions : le 8 février, 2011 pour tous les projets de service.

Heure de fermeture des soumissions : 14h00, heure locale, pour tous les projets de service.

Les soumissions cachetées seront reçues à l'adresse suivante :

Construction de Défense Canada
Édifice Royal Bank
1597 Autoroute Bedford
Bedford, NE
B4A 1E7
Télécopieur (902) 478-8956

Veuillez noter que les résultats de cet appel d'offres ne seront disponibles qu'au bureau de chantier de CDC (téléphone : (902) 426-8411 pour ce projet.

Les documents transmis par télécopieur ne seront pas acceptés.

MAINTENANCE AND MINOR IMPROVEMENT SERVICES ON MARRIED MILITARY QUARTERS AT CFB HALIFAX, NOVA SCOTIA.

As a Special Operating Agency of the Department of National Defence (DND), the Canadian Forces Housing Agency (CFHA) is responsible for managing DND family housing, including the provision of maintenance and minor improvement services.

Defence Construction Canada (DCC), on behalf of the CFHA is calling for the submission of tenders for maintenance and minor improvement work on family housing units at CFB Halifax. The work will be done under Standing Offer (SO) on an "as requested" basis. The SOs will be in place from April 1, 2011 to March 31, 2013 (two year), with an option to extend for one additional one-year period.

SOs will be established for maintenance and minor improvement work in the following trades: Cleaning, Concrete and Asphalt, Masonry, Carpentry, Electrical, Hardwood Floors, Heating, Ventilation & Air Conditioning, Landscaping and Tree Service, Grass Cutting, Snow Removal, Painting, Pest Control, Plumbing, Asphalt Shingles and Built-up Roofing, Tile, Resilient Sheet Flooring and Carpet. Firms that consider themselves, qualified to provide residential housing maintenance and minor improvement services, are invited to contact DCC at Tel: (902) 426-8411 to obtain the list of work packages.

Those wishing to obtain the tender documents for providing any of the packaged residential housing maintenance and minor improvement services must place an order with MERX by logging on their website: www.merx.com or by calling 1 (800) 964-MERX (6379).

THE TENDER DOCUMENTS WILL BE AVAILABLE ONLY THROUGH MERX DISTRIBUTION.

The tender closing date is: February 8, 2011 for all packaged services projects

The tender closing time is: 14:00 hours, local time, for all packaged services projects

Sealed tenders will be received at the following location:

Defence Construction Canada
Royal Bank Building
1597 Bedford Highway
Halifax, Nova Scotia
B4A 1E7
(Fax) (902) 478-8956

Please note that the tender results for this project are only available from the DCC Site at (902) 426-8411 for this project.

Faxed submissions will NOT be accepted.

Defence Construction Canada
Construction de Défense Canada

DEALING WITH HIGH-MAINTENANCE MEN

She says ...

JESSICA NAPIER



In all my years as a shopper, and trust me there have been a lot of them, I have always wondered why women insist on dragging their husbands and boyfriends to the mall.

I feel such pity for the obviously bored significant others who try not to fall asleep as they wait patiently outside the fitting room.

However, on a recent mall outing my pity turned into true empathy as I found myself parked in a leather armchair for more than an hour watching my boyfriend try on suits. As he obsessed over sleeve length and stitching I thought to myself, hang on a minute — wasn't it my job to be the best dressed person in this relationship?

Blame it on GQ or the Mad Men phenomenon, but it seems that a growing number of young men are suiting up in the name of style.

These Don Draper wannabes aren't just dressing the part; fitness fanatics are crowding gyms in search of washboard abs and male-only spas are popping up to wax, buff and pamper an evolving breed of guys who actually care (a lot) about grooming.

And, sure, it's nice to have a mate who takes care of himself, but when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic.

"... when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic."

So how do you know if you've partnered up with a high-maintenance man?

He orders salad instead of frites with his steak and never misses a workout. He has a close shave, white teeth and perfectly manicured nails. His shoes are definitely more expensive than yours and I won't even get into his below the belt "manscaping."

But do women really want these dapper gents with their perfectly coiffed hair and wrinkle-free suits or would they prefer a mate who's more easy going and, dare I say it, a bit more manly? Watching a body conscious prima donna spend hours in front of the mirror whining about his BMI can be a serious turnoff.

Men always claim they love a girl in "jeans and a T-shirt" and guess what fellas, so do we.

So why not forgo the three-piece in favour of some denim, grow out that ruggedly handsome facial hair and remember how good it feels to say yes to the question, "Do you want fries with that?"

Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Games that people play

Letters & Tweets

We asked: What's your favourite video game?

@grayatron: Fallout New Vegas.
@DukesterHFX: I've been a gamer for many years. My favourite game is Call of Duty: Black Ops. I'm all about eye candy and this game has it along with great game play.
@NicWMoran: Call of Duty: Black Ops. Multiplayer is good for stress relief.
@Cub Carson: Red Dead Redemption! Love that game!
@megelizah: legend of zelda: ocarina of time. The game that drove me to get a triforce tattoo.
@JamieTheJedi: Chrono Trigger for SNES. Amazing RPG that still stands up after 15 years.
@m_brand: lots of great characters but the edge has to go to Leisure Suit Larry
@Netherlandy: best video game EVER: Conker's Bad Fur Day for N64. innuendo, swearing, pop culture references and very playable!
@StuartParsons: Gran Turismo 1, 2, 3, 4, and 5 hands down. The only real racing simulator. If you've never played, get on it.
@ehmay: Kirby! That thing can eat everything and still stays cuddly. When I do that I just gain 20 pounds!
@StephaniePelley: My picks would have to be Link (Zelda series), Tifa Lockheart (FF7), Samus (Metroid Series)

Engrossed

TORSTAR NEWS SERVICE FILE



What was the best concert you saw in 2010?

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Metro Minute at The Ugly One

A Halifax theatre company is performing the Canadian premiere of German playwright Marius von Mayenburg's social satire The Ugly One.

The play opened over the weekend at the DMV Theatre at the North Street Church and continues until Saturday.

The Ugly One is described as a funny exploration of success, identity and beauty in the world as the play's main character is told he is unspeakably ugly. He rushes to improve his look by having plastic surgery and suddenly finds fame and fortune.

All shows start at 8 p.m. Tickets are $15 and $20 and can be reserved by calling 497-2290.

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CONTRIBUTED



▶ The Ugly One is playing at the DMV Theatre.

2 scene

Scene in brief



Oprah Winfrey says she's learned she has a half-sister she never knew about.

Winfrey announced on The Oprah Winfrey Show that aired yesterday that a Milwaukee woman named Patricia discovered that the two were half-sisters.

The woman says she had been searching for years for the identity of the mother who gave her up for adoption in 1963. She says she learned in 2007 that Winfrey was her half-sister. On her program, Winfrey says she learned about Patricia last November.

Winfrey says she was nine years old and living with her father when her mother had the daughter and gave her up for adoption. She says she never even knew her mother was pregnant.

THE ASSOCIATED PRESS



Real upheaval in television talk world with Oprah, Larry and now Regis exiting

What Hollywood has to offer in 2011

There are plenty of options out there for filmgoers Superhero movies aren't going away anytime soon Tinsel town also shows its love of sequels, animated films, 3-D and aliens


NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

With 2010 behind us, and the Oscars and the Razzies getting ready to sort out the best and the worst from last year, it's time to look ahead at what we're excited about for 2011. So what's on tap? For one thing you can expect more comic book adaptations, with Marvel putting two more parts of its eventual Avengers movie out into the world. But more than anything else, 2011 looks to be filled with the ghosts of franchises past, with a dizzying number of sequels ready for release.

For the fanboys

While superheroes will be out in force with Thor (May 6), X-Men: First Class (June 3), The Green Lantern (June 17) and Captain America: The First Avenger (July 22), the most exciting comics-to-screen jump is Cowboys and Aliens (July 29), starring Harrison Ford and Daniel Craig as, well, cowboys. Fighting aliens. What's not to love? And speaking of aliens, the Comic-Con crowd gets to cheer itself on in Paul (March 18), in which Shaun of the Dead stars Simon Pegg and Nick Frost come across an extra terrestrial (voiced by Seth Rogen) on their way to the annual San Diego geekfest.

For the fangirls

After 300 and The Watchmen, director Zack Snyder is letting the girls in on the action with Sucker Punch (March 25), about a group of young women (Vanessa Hudgens, Jenna Malone, Abbie Cornish) in a mental hospital who escape to a fantasy world filled with guns, explosions and mind-bending effects.

For fans of the familiar



▶ The guys from The Hangover are back for another adventure.

The sheer number of sequels coming out in the next 12 months is dizzying: Scream 4 (April 15), Pirates of the Caribbean: On Stranger Tides (May 20), The Hangover 2 (May 26), Kung Fu Panda 2 (May 27), Cars 2 (June 24), Transformers: Dark of the Moon (July 1), Spy Kids 4: All the Time in the World (August 19), Final Destination 5 (August 26), Piranha 3-DD (September 16), Paranormal Activity 3 (October 21), Happy Feet 2 (November 18), Mission Impossible: Ghost Protocol, another Sherlock Holmes movie (December 16) and A Very Harold & Kumar Christmas (December 23). Of course, the most attention will be on the finale that is Harry Potter and The Deathly Hallows — Part 2 (July 15) and the beginning of the end of the Twilight series, The Twilight Saga: Breaking Dawn — Part 1 (November 18).



▶ The Smurfs come to the big screen in August.

For the kids

The new year has some high-quality kids entertainment on tap, including some titles that might make parents nostalgic: Neil Patrick Harris leads an all-star cast in bringing The Smurfs (August 3) into the real world, and Steven Spielberg brings one of Europe's great animated characters to the big screen with The Adventures Of Tintin: The Secret Of The Unicorn (December 28). And Martin Scorsese breaks new ground with Hugo Cabret (December 9), about a 12-year-old Parisian orphan in the 1930s.

For the grown-ups...

There's plenty to entertain adults as well, as David Fincher follows up The Social Network with an English-language edition of The Girl With the Dragon Tattoo (December 21). Matt Damon and Emily Blunt go on the run in the thriller The Adjustment Bureau (March 4), based on a short story by Phillip K. Dick. And Damon shows up again in Stephen Soderbergh's Contagion (October 21), about a team of doctors dealing with the outbreak of a devastating disease. And for folks looking for a laugh, James Franco and Danny McBride head back to medieval times to rescue a princess in Your Highness (April 8). (Note, all release dates are subject to change.)



▶ The Adjustment Bureau stars Matt Damon and Emily Blunt.



▶ Thor leads the charge of superhero movies in 2011.

Twilight: Eclipse rakes in the Razzie nominations

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

Nominations for the 31st annual Razzie Awards, celebrating the worst in film for 2010, were announced yesterday, just ahead of the highly anticipated Academy Award nominations. Eclipse, the third film in the hugely popular Twilight franchise, tied with M. Night Shyamalan's The Last Airbender for the most nominations, with each film up for nine dubious honours, including worst picture. Also up for worst picture is The Bounty Hunter, Sex and the City 2 and the Twilight parody Vampire's Suck.

The Eclipse crew also racked up nominations for all three of its stars, with Kristen Stewart getting a nod for worst actress while Robert Pattinson and Taylor Lautner go head-to-head for worst actor. Stewart's competition includes Jennifer Aniston for The Bounty Hunter, Miley Cyrus for The Last Song, Megan Fox for Jonah Hex and all four stars of Sex and the City 2, who share a single nomination. Jack Black (Gulliver's Travel), Gerard Butler (The Bounty Hunter) and Ashton Kutcher (nominated for both Killers and Valentine's Day) are also up for worst actor.

As is tradition, the Razzies will be handed out in Hollywood the night before the Oscars, this year on Feb. 26.



▶ Robert Pattinson and Kristen Stewart are both up for Razzies.

GETTY IMAGES



▶ Kevin Smith

Willis loses Kevin Smith as a fan

Director Kevin Smith is no longer a fan of Bruce Willis after making last year's commercial flop, Cop Out, together, he says in an interview with comedian Marc Maron.

Smith says he felt particularly let down by Willis' lack of promotion for the film.

"It was difficult. I've never been involved in a situation like that where one component is not in the box at all. It was f—ing soul crushing," he says. "I had no f—ing help from this dude whatsoever."

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▶ Jason Mraz

Mraz announces engagement

Jason Mraz is happily engaged to singer Tristan Prettyman, but the pair won't be tying the knot until everyone can, according to Us Weekly.

"We both feel that in our engagement, we have a union that's really special and can't be broken. It's a sacred bond. The wedding would be nice for our family, our friends, our community — our moms especially — and so it puts us in the fight," Mraz tells the magazine.

"We can't get married until (gay) marriage is legal and equal. I think giving people the right to marry will be a huge movement in civil rights."

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Marriage a no go for Clooney

Actor says that his failed first marriage is cause for his decision ◐ Current girlfriend surprised by comment

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▶ Clooney deosn't plan to tie the knot again.

George Clooney announced that he won't be getting married again during an interview with Piers Morgan on CNN.

"I've proven how good I was at it," Clooney said, refering to his previous marriage to Talia Balsam from 1989 to 1993. But it turns out this was news to Clooney's girlfriend, Elisabetta Canalis, according to Popeater.

"Elisabetta had no idea he was going to say that," a source says. "She thought she was going to be the girl who would finally get George to settle down and put a ring on it. She was totally surprised."

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▶ Aaron Carter has entered a rehab clinic to "heal some emotional and spiritual issues."

Carter checks himself into a rehab centre

Pop singer Aaron Carter has checked himself into rehab "to heal some emotional and spiritual issues he was dealing with," his manager says in a statement, according to People magazine.

"He has chosen to enter a facility where he feels he will get the guidance and cleansing he needs, which in turn will help him on the music journey he's about to take," his manager said

While the specifics of the statement end there, E! News previously reported that Carter entered a souther California rehab facility to address "addiction issues."

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▶ Jewel and Ty Murray are having a boy.

It's a boy for Jewel and Ty

Jewel and Ty Murray are expecting their first child, and they just found out it will be a boy, according to People magazine.

"We would have been happy either way, of course, but we are so excited to be having a little boy," the 36-year-old singer says.

Murray added, "I have to admit, I was doing a little dance on our way out of the doctor's office when we found out."

Jewel married Murray, a world champion rodeo cowboy, on Aug. 7, 2008 after being together for 10 years.

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Celebrity tweets



Nicki Minaj [@NICKIMINAJ] Long day of press only to find out we've officially been kicked out the hotel!



Conan O'Brien [@Conan OBrien] I still think the Patriots can win it all this year. Never underestimate Belichick!



Tom Hanks [@tom hanks] In the year 2011 personal jewelry will be replaced by gem-studded tags that say "Hello! My name is...". Life will be simpler!



Rosario Dawson [@rosariodawson] Def needed more more than 3 1/2 hrs of sleep.

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Hawn an excited grandma

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▶ Goldie Hawn

With daughter Kate Hudson pregnant again, Goldie Hawn is looking forward to being a grandmother twice over, according to Us Weekly.

"I'm excited. It's exciting," she tells the magazine. "You know, we're just all very happy, happy for them both. What's more to say?"

This will be Hudson's second child. She also has a son with ex-husband Chris Robinson. METRO

3 life

Get active



Canada's physical activity guidelines are getting a makeover. The revised guidelines released yesterday by the Canadian Society for Exercise Physiology recommend children and youth aged five to 17 get at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include both vigorous-intensity activities and muscle and bone-strengthening activities at least three days a week.

THE CANADIAN PRESS

Health Canada issues recalls for jogging stollers, kids' pyjamas, snow bikes

The Resolution Revolution

You promised yourself 'a New Year and a new you.' We asked celebrity trainer Matt Roberts for the top tips to get you started.

BY ROMINA MCGUINNESS

FLICKR CC JESSICAMULLEN



1

Eat Small Meals at Regular Intervals

Rather than eating three large meals, try to eat five to seven smaller meals and snacks throughout the day. This will help you regulate your hunger and provide a steady flow of energy.

FLICKR CC SWEETONVEG



2

Low Fat Is Not Always The Way to Go

Many foods marketed as being low fat are often full of processed sugars. Fat in itself is vital for a number of metabolic processes. Focus on natural, nutritious foods as well as healthy fats from fish and avocado.

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3

Bodyweight Exercise Can Get Results

Squats, lunges and press ups from the knees are all great exercises for getting in shape. They are a great starting point for the inexperienced exerciser or if you are just getting back into a routine.

FLICKR CC ADACTO



4

Eat More Vegetables

Often people do not eat enough fruit and vegetables. Both provide a good base level of carbs as well as supporting your body with a large amount of vitamins and minerals. Try a wide variety of vegetables and fruits in your diet each day.



5

Try as Many Forms of Exercise as Possible

Training in one way generally will not get the best results. Combining different types of exercise such as Pilates, running and weight training can help maximize your efforts.

FLICKR CC 05COM



6

Match Intentions With Action

How many people start a diet that is finished within four weeks? Refocusing your goals and achieving your ideal physique is something that most people want to do but very rarely put the effort in to achieving. Make the change by matching your intentions with the right actions.

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7

Drink Water or Green Tea

Fruit juice and fizzy drinks are laden with calories that will promote fat storage. While they will provide you with a short term burst of energy, in the long term they will leave you feeling tired. Keeping hydrated by consuming enough water—it helps prevent hunger pangs and burns fat more efficiently.

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8

Don't Just Rely on Doing Cardio

After a period of adaptation the body becomes more efficient at using energy. For the beginner this is what you may consider as improvements in your fitnes. Most exercisers looking to reduce their waist line make their biggest mistake at this point. Improvements in cardiovascular efficiency mean that the energy is comparatively reduced.

GETTY IMAGES



9

Target the Process, Not the Result

Set your goals on factors that you can control. People often become fixed on a number such as "lose 10 pounds" or "fit in to a size 8 dress." While it's good to have a long term goal, you need to have short-term, achievable targets as well, to maintain your motivation. Take charge of your goals by focusing on good habits.

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10

Function Follows Form

We often see new exercisers running inefficiently or performing weight training in bad form. We always emphasise good form in all training — if you can't hold good form then you could be doing yourself more damage. Get advice from a qualified professional — in the long run it will be worthwhile.

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LARRY TRACK
A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.



There's not an excuse in the world that's acceptable for putting your health on the back burner. Same goes for exercise. Show me a reason for not being active, and I'll add it to the book of excuses that leave people overweight, out of shape, tired and quite frankly miserable.

To get you on track, here are five exercises you can do everyday — no gym required.

MILITARY SQUATS
This exercise is by far the best for stronger legs and maximum calorie-burning. Standing with your feet hip-width apart, arms out front or by your side, lower your body to a 90-degree bend as if sitting back into a chair. Inhale as you lower your body, exhale as you squeeze back up to starting position.

Do three sets of 10 reps, adding hand weights as you progress.

JAN SILVERTHORNE



▶ Plank punches will target your core.

PUSH-UPS
If you could only do one more exercise for your entire life, this is the one. It works your chest, back, shoulders, triceps and core. If you're just starting out, begin with your knees on the floor, graduating to true military version. For more advanced push-ups, try a variety of angles and leg positions to challenge your muscles. Do three sets of 10 reps.

PLANK PUNCHES
Beginners, start with a traditional plank pose and hold for as long as you can. For a more advanced plank, try extending your arms forward (one at a time) and punch ahead. Rotate arms, adding more punches as your strength and endurance increase.

STANDING JOG, JUMPING JACKS, TUCK JUMPS OR STAIRS
Pick one of these exercises to get your heart rate elevated while working your lower body. Challenge yourself to one or two minute drills working as hard as you can, then rest for two minutes and repeat eight times. For condo dwellers, utilize your building's stairs. Walk or jog up as many flights as you can.

LIGHTNING BOLT CRUNCHES
Lying on a mat, arms folded behind your neck, raise your left leg, bending your knee at 90-degree angle. Extend right leg out while keeping it raised a few inches above the floor. Curl up slowly, lifting your neck, keeping focus straight ahead. Repeat on the opposite side.

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Precise treatment

New technique helping patients deal with the effects of prostate cancer

CELIA MILNE
WELLNESS@METRONEWS.CA

ISTOCK PHOTO



Treatment for prostate cancer will soon be more precise.

Scientists around the world are trying to figure out ways to get rid of the cancer without damaging bladder, bowel and sexual function.

Men usually survive prostate cancer (about 95 per cent are still alive after five years), but many suffer side effects because surgery and radiation can affect surrounding delicate tissue.

The prostate is a walnut-sized gland located just above a man's rectum. It creates fluid that carries sperm during ejaculation.

One new Canadian study is using frequent, high-tech digital imaging to follow changes that can happen day-to-day inside a man's body. These tiny changes can alter very slightly the radiation target.

"We are treating the tissue that surrounds the prostate, which can move and stretch, so our target may be slightly different in position or shape on the next day or the day after that," says Dr. Tim Craig, a medical physicist at Princess Margaret Hospital in Toronto.

The new technique is called adaptive radiation therapy (ART). Craig and colleagues recently won a CASARIA award and funding from the Canadian Radiation Oncology Foundation and sanofi-aventis, which allows them to start enrolling patients later this year.

"Very simple and natural changes in patient anatomy can occasionally complicate treatment," says Craig.

"For example, reduced bladder filling might allow the very sensitive small intestine to slip into the high radiation dose region. Without image-guidance, this would not be known, and the small intestine may receive an unsafe dose.

"With ART, we can see this, and use this information to adapt the treatment to ensure a safe dose."

A typical course of radiation treatment for prostate cancer patients after surgery is 33 treatment days over six and a half weeks.

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The charming restaurant at Hydrostone Market offers an enticing menu

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

Lunch at the Hydrostone's Epicurious Morsels is always a treat.

It's an inviting, charming, warm restaurant with an enticing lunch menu of soups, salads, sandwiches and several house specialties.

My friend enjoys a soup-and-salad combo. Her Country Vegetable Soup is hearty, although the vegetables are a tad overdone.

The Vegetarian Sandwich is more impressive, made with foccacia with tomato, avocado, mesclun greens, Swiss cheese, Dijon mustard and mayo.

I try a house specialty — the Turkey Supreme Turnover. The nicely-browned puff pastry is filled with delicately-flavoured roasted turkey and vegetables in a turkey broth, served with green tomato chow. The soupe du jour is a healthy and flavourful green pea soup with tarragon.

The service here is courteous and efficient. We linger over our coffee and green tea, more than satisfied with our morsels.

VALERIE MANSOUR



▶ The Vegetarian Sandwich and Country Vegetable Soup at Epicurious are both hearty.

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Rating: 4 out of 5
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Celebrating Robbie Burns



PETER ROCKWELL
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Even though I studied a bit of poetry in university, I'm ashamed to admit that when it comes to Scottish poets, I can quote more verses written by '80s duo The Proclaimers than good old Robert Burns.

My knowledge of the bard is a bit sketchy. But the one quarter of me that's Scottish is still more than happy to jump on the Robbie Burns Day bandwagon today and raise a glass to him over a meal of haggis and typsy laird (if I can find a place that offers take-out).

Scotland's liquid identity is, of course, scotch whisky: A polarizing brown spirit that I'm betting many of you who have only had a taste equate to drinking paint thinner.

As hefty as its mouth-feel can come across (especially in its single malt version), scotch is really a very sophisticated serving of booze.

If you're looking for a novice-friendly dram, try the Singleton of Glendullan ($41.99 - $48.99). It's a 12-year-old single malt from Dufftown in the region of Speyside. It serves up a floral aroma of honey, banana, orange and soft grain and a mellow, well-round honeyed sweetness that ends in a long mocha finish. Sláinte Robbie.



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Are you happier being all alone...

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▶ No photos, please. OK, just one.

... or do you prefer the company of others? Take our quiz to find out how socially adjusted you are — or aren't

TED STRYKER
METRO WORLD NEWS

1. Your current relationship is:
A All-consuming and we are one.
B All-consuming but we have definite boundaries for personal space.
C I'm not in a relationship. Why, are you available, Ted?

2. When you enter a room of crowded people alone, you think:
A OK, who are the hot ones?
B OK, where is the bar?
C OK, I wish my friends were here. I will text one something random.

3. Sex for you is...
A Usually enjoyable but there's always a little anxiety involved.
B Like a game and I am the keymaster. Are you the gatekeeper?
C Something they do on the TV set.

4. "I have found some form of counselling in my life, even if it's just long talks with friends about my fears."
A True.
B False.
C This question has made me cry inside, which I know is silly but I can't stop.

5. My kitchen cabinet has a secret stash of:
A Cookies and ice cream.
B Salty chips and snacks.
C Scotch and weed.

6. The last big, blowout fight I had was with:
A My mother
B My boyfriend/girlfriend/husband/wife.
C A friend of mine.

7. When I'm naked, I feel:
A Inadequate, according to the voice inside my head.
B Sexy, if the lighting's right.
C Sorry, what? I was checking myself out.

8. When I'm home alone for extended periods of time, I...
A End up turning on the TV.
B Grab a book and enjoy the quiet.
C Surf the web while the TV's on.

9. "I know the perfect married couple who have it all together."
A True.
B False.
C I think I do, but it can't be true. There's gotta be a dark side there.

10. You're doing this quiz...
A On some mode of public transportation, in between checking out the person across the way.
B On some mode of public transportation, avoiding eye contact with every single one of these freaks.
C On the can avoiding someone or something, maybe sitting here just a little too long.

How to score

- Look back at your answers and ask yourself what they mean to you.
- Each question, however goofy, was crafted to reveal something true about yourself.
- Deal with whatever issues come up.
- Then call us, because we're totally free tonight.

LOVE, WITH A LITTLE HELP FROM HER FRIEND

Names:
Jason, 26 & Stephanie, 25
Current city:
Eastern Passage, N.S.
Together since:
2003

Their story:

It was 2003 and I (Stephanie) just arrived home for the holidays from my first semester at university.

My best friend, Jill, called me to come out with her to a party.

She introduced me to some of her new college friends, including a guy named Jason.

I was immediately attracted to him, but I was told he had a crush on Jill.

But when she informed me that she was not interested, I made my move and initiated conversation with him.

A week later, we had our first date: Chinese food and a movie. A month later, we were an official couple. Six years later, we bought our first home.

On Christmas morning of 2009, Jason proposed to me.

A year later, in November 2010, we were married!

I am very thankful to my best friend for helping me find my soulmate.

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▶ Jason & Stephanie

Living on the hedge

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



On Wednesday, Jan. 12, the Canadian dollar hit a two and a half year high of 1.0154 against the greenback. Most experts, including Finance Minister Jim Flaherty, predict that the loonie will stay around par for the foreseeable future, and many expect it to rise further.

A strong loonie means happy days for travellers and shoppers. Statistics Canada reports travel by Canadians to the United States climbed 3.2 per cent in November, while overnight car trips were up by 6.2 per cent, to 1.1 million.

However, if the Canadian dollar continues to climb, investors in the stock market will see the paper value of their U.S. dollar investments slide once converted to Canadian currency. But a bit of good, old-fashioned hedging can go some way to ameliorating the situation.

ISTOCK



▶ Some argue that a stay-at-home investment option lacks diversification. However after the past few years on the stock market, home is looking pretty good.

Money matters

- Loonie low: - 62 cents in 2002
- Loonie high – $1.09 in 2007

One of the easiest options is to purchase U.S. investments through exchanged traded funds (ETFs), which employ their own hedging strategy to neutralize the currency factor. So, no matter what happens to the dollar, the investment is not affected. The unit price will go up and down with the stock market but currency moves alone won't alter the value.

Another option is to stay home and invest only in Canadian stocks, bonds or mutual funds. The sticks and stones of currency traders won't break any investment bones.

The final option is to plunge in and buy U.S. investments in U.S. dollars, betting that the loonie won't last long at such lofty heights.

Most economists agree that the fair value of the dollar is around .85 cent, so it seems a reasonable assumption that it will eventually fall back to that level.

If you choose the latter, then be prepared for your bottom line to decline if the loonie heads north.

Fun and Frugal



LESLEY SCORGIE
MONEY@METRONEWS.CA

THE CARD'S A KILLER

Besides owing money to a loan shark, credit card debt is the worst. Credit cards are a convenient way to pay for things whether you can afford them or not.

The truth is, if you don't carry a balance, and if you charge an item to your card, you've got 30 days to pay it off without paying interest on the purchase. If, however, you can't pay off the balance, your credit card company will charge interest, typically 17 to 22 per cent, on your purchase.

Remarkably, many store credit cards charge even higher interest rates — some in the range of 28 or 29 per cent. If you charge a purchase on your credit card while carrying an existing balance, there is a 21-day grace period before you'll be charged interest.

Because of high credit limits and the temptation to spend, a balance can accumulate quickly. This is difficult to pay off for four reasons: first, high interest rates; second, credit card companies set minimum payments between two and six per cent of the outstanding balance (or $10, whichever is highest), which barely covers the interest charges on the card; third, interest is calculated daily, not monthly; and forth, as you pay off your credit card balance, your minimum payment declines because it's set at a percentage of the balance.

Because some consumers pay only the minimum payment, this extends the time it takes to pay it off. Deal with credit card debt by; having only one card; reducing the credit limit; and paying a little extra each month and in higher frequency.

Owing money on a credit card forces us into a situation where we are continually paying for the past rather than investing in the future!

Love and money

Are you and your partner financially compatible?

"Money is one of the biggest areas of conflict between spouses, and talking about it today is an excellent way to avoid unpleasant surprises tomorrow," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp.

"Getting on the same page financially helps ensure you are pursuing compatible goals."

Consider the following advice:

• Share financial histories. Discuss your credit histories, including debts. Are you both spenders or savers, or are you opposites? How do you set priorities and allocate funds? Do you budget and plan, or spend impulsively?

• Communicate your goals. Discuss what your future entails. What type of lifestyle do you expect to have? Does it include travel, a larger home or other major expenses? When do you want to retire and are your current RRSP contributions sufficient? Create a financial plan that takes into account both of your goals.

• Consider your investments. Choose a financial advisor together. Get advice on how to align your portfolios with your family goals.

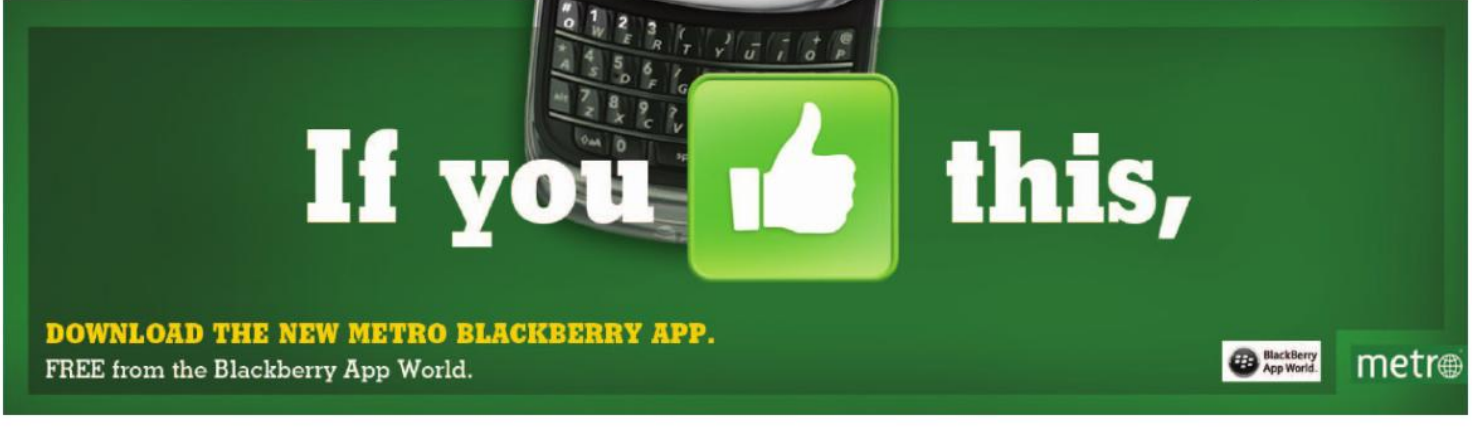
Regularly review what investments you have and ensure you both understand how your money is working for you.

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▶ The couple that budgets together, stays together.



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Planning happiness

ISTOCK



▶ Come up with a plan of attack for your finances and you might just improve your emotional well being, too.

Money may not buy happiness, but a sound financial plan can give you a more optimistic outlook on life and help you achieve important life goals

Can money buy you happiness? Probably not. But a financial plan just may be the ticket — and you don't have to be rich to have one.

Although happiness means different things to different people, it's hard to deny that those who feel they are closer to living the life they want may be a tad happier. And financial planning seems to be a powerful tool to help people achieve these life goals.

The Financial Planning Standards Council, the not-for-profit organization that awards certified financial planner certification and is committed to seeing Canadians improve their lives by engaging in financial planning, conducted a study that explored Canadians' financial planning activities and their levels of emotional and financial well being.

"Financial planning involves a variety of financial strategies, but is ultimately about meeting your life goals through properly managing your finances during the good and tough times in life," says Cary List, president and CEO of FPSC.

The study showed that the connection between one's level of optimism and peace of mind held true across a wide range of net worth groups. This affirms that there is value in financial planning for everyone.

NEWS CANADA

Optimism factor

Those who have comprehensive financial plans report being more optimistic about factors related to their emotional and financial well being.

- **77 per cent of people** with financial plans said they felt their goals are achievable, compared with only 50 per cent who do no planning.
- **62 per cent** with plans said they feel content with how their life is going, compared with 37 per cent.
- **61 per cent** with plans said they have peace of mind, compared with 36 per cent.
- **64 per cent** said they are prepared to manage through tough economic times, compared with 33 per cent.

NEWS CANADA

Learn more

Visit fpsc.ca to learn more about how to:

- **Find** a financial planner professional in your area.
- **Learn** more about how financial planning can help you meet your life goals.
- **Review** the 10 Questions to Ask a Planner Guide.

Finding the right investment advisor

When it comes to money, the best advice is to rely on the experts.

A good investment advisor can make sense of the volatile stock markets and help you meet your long-term goals. But how do you find the right advisor for you?

"Finding an investment advisor that meets your needs requires a little homework," says Pierre McLean, senior vice-president of Franklin Templeton Investments Corp. "Take time to find the right one as it's one of the most important financial relationships you will ever have."

Here we offer five easy ways to help you find the right advisor for you.

Research. Review your investing history, assets, goals and risk tolerance. This research will better prepare you for interviews with prospective advisors.

Referrals. Ask friends, family and colleagues for their insight. How and why did they choose their advisor?

Interviews. Take the time to interview several candidates. Find out about their education, experience, accreditation and business practices.

References. Ask to speak with current clients. Do they understand their portfolio and its performance? Can they reach their advisor easily?

Compensation. A good advisor will be open with you and detail exactly how they are compensated. In general, advisors are paid for advice through commissions, fees or a combination.

NEWS CANADA

NEWS CANADA



▶ Take the time to hunt down an advisor that fits your needs.

Disaster-proof your finances

The recession may be over but many Canadian families are still struggling to regain financial stability. Here are four tips to disaster-proof your finances.

• Create a realistic family budget with your partner. Ensure you account for all family activities and include a reasonable amount for entertainment.

• Have a safety net. Prepare for the unexpected and contribute to a "rainy day" account.

• Get your advisor involved in your family finances and meet with them regularly.

• Plan for the future. Ensure that your financial plan addresses short- and long-term goals. Open an RRSP for you, and an RESP for each of your children.

NEWS CANADA



4 sports

TV from coach's job

Leaving Rainmen to explore career options outside of basketball

MATTHEW WUEST
@METRONEWS.CA

Three jobs turned out to be one too many for Les Berry.

The Halifax native resigned as head coach of the Halifax Rainmen yesterday, almost two years after taking the job, to focus on his off-court employment and a new career opportunity.

Berry has worked in sales with GBS Communications for the past three years while coaching the Rainmen, but recently added to that by starting the training process to become a station attendant with Air Canada.

"If I could physically and mentally find a way to keep doing it, I would have tried," said Berry, a 37-year-old who is married with a four-year-old son.

"But I always have to do what's best for my family, and at this stage, continuing to coach the Rainmen and passing up these other opportunities is not what would be best for my family."

Berry, a long-time university coach who resigned at Acadia after taking the Axemen to a national final in 2008, replaced the Rainmen's first head coach, Rick Lewis, in February 2009.

He went 22-11 over parts of three Premier Basketball League seasons and guided the team to its first ever playoff appearance in 2010. He had a 3-1 record this season before staying home from the club's most recent road trip.

Berry said lack of job security in minor-league basketball was a factor in his decision.

"As much as I'd like to coach basketball, I just can't risk it," Berry said. "Because, you know, at any point you could lose three games and be out, or two teams could fold, and you just never know."

Berry said he enjoyed coaching the Rainmen and believes the team has the player personnel to compete with the defending champion Lawton-Fort Sill Cavalry.

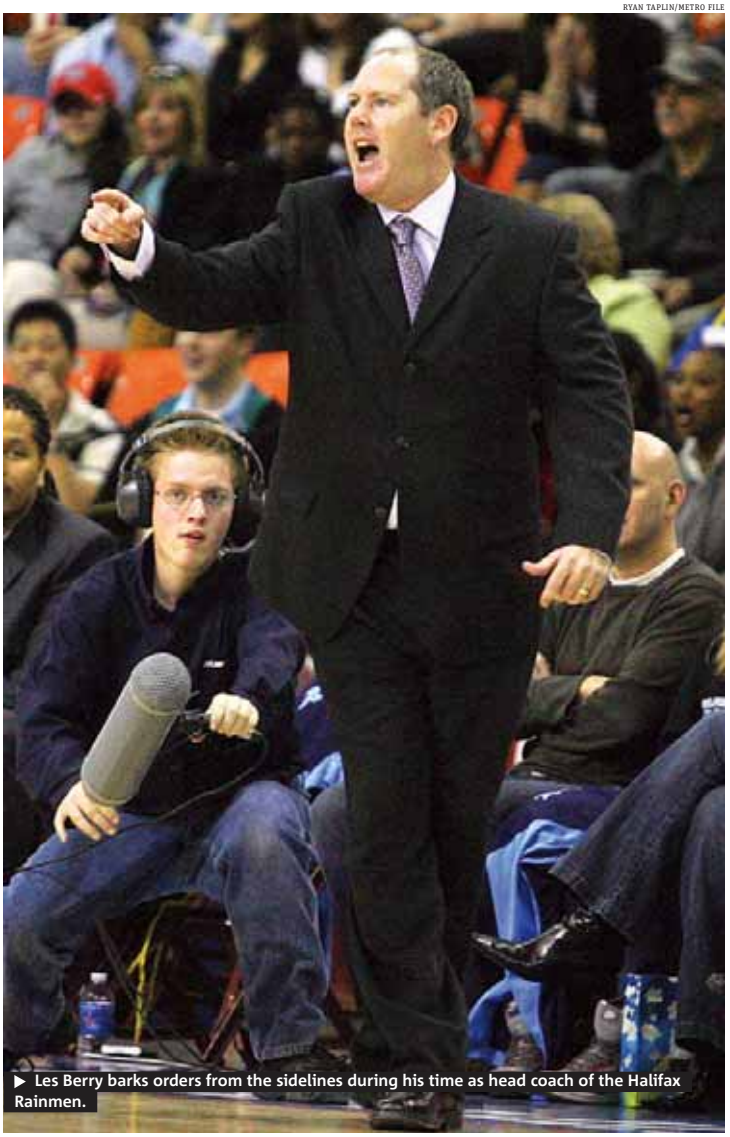
"I think they're going to make a really good run at a championship this year," Berry said. "They can give those guys a run if they play hard and play together."

A new beginning

The Halifax Rainmen will announce their new head coach at a press conference tomorrow morning.

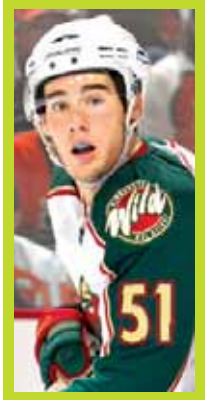
- **Owner Andre Levingston** said he is in the process of finalizing things with someone he "has his eyes on."
- **"We always want** to raise the bar and get better as an organization and we're looking for someone who can come in and provide that," he said.

RYAN TAPLIN/METRO FILE



▶ Les Berry barks orders from the sidelines during his time as head coach of the Halifax Rainmen.

Quoted



"Considering what the injury was, I'm pretty lucky to be able to walk ... I'm definitely headed down the right path and I'm extremely happy about that. I belong (in the NHL) and I can't wait to get back."

MINNESOTA WILD FORWARD JAMES SHEPPARD, A 22-YEAR-OLD LOWER SACKVILLE NATIVE WHO IS OUT FOR THE SEASON AFTER SUFFERING A SERIOUS KNEE INJURY LAST SUMMER, ON HIS RECOVERY THAT IS REPORTEDLY AHEAD OF SCHEDULE.

Scan code for more sports

Smith-Dacey enters Scotties as No. 1

Mayflower's Heather Smith-Dacey enters the Nova Scotia Scotties Tournament of Hearts as the No. 1 seed tomorrow in Kentville.

Smith-Dacey, who skipped a provincial women's curling winner in 2004, will face clubmate Simone MacKenzie, seeded sixth, in the opening draw at 9 a.m. at the Glooscap Curling Club.

Smith-Dacey and MacKenzie are two of five Mayflower rinks at the eight-team event, joined by No. 2 Mary-Anne Arsenault, No. 3 Jennifer Crouse and No. 7 Theresa Breen.

Sydney's Coralie Richard is seeded fourth while Tanya Hilliard and Sarah Rhyno, with no club affiliation, are fifth and eighth, respectively.

The final will be played on Sunday. METRO

METRO FILE



▶ Heather Smith-Dacey

Duffy earns QMJHL second-star honours

Lower Sackville's Ben Duffy was named the QMJHL's second star of the week.

The 18-year-old P.E.I. Rocket forward scored six goals and added an assist in three games and leads his team with 49 points in 48 games.

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▶ Na Li plays a forehand today.

Australian Open field narrows

CLIVE BRUNSKILL/GETTY IMAGES



▶ Roger Federer serves against Stanislas Wawrinka.

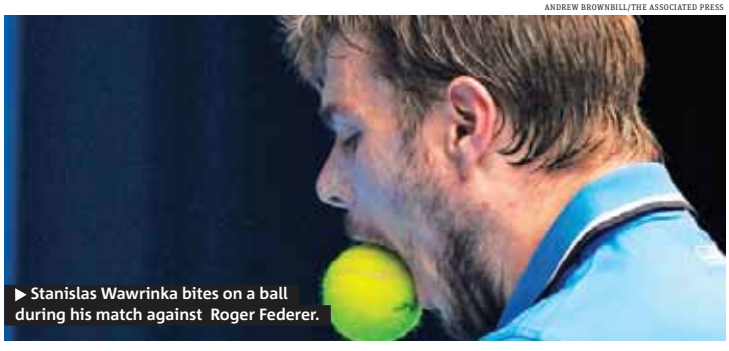
Early action

More competitors have reached the semifinals.

- Defending champion Roger Federer advanced to the Australian Open semi-finals with a 6-1, 6-3, 6-3 win over Stanislas Wawrinka this morning in a mismatch that had all the intensity of a practice session.
- Federer will meet the winner of today's later match between No. 3 Novak Djokovic and Wimbledon finalist Tomas Berdych.
- No. 19 Wawrinka was playing at this stage for only the second time at a major and struggled against Federer in the first all-Swiss quarter-final at a Grand Slam. He had only beaten Federer once in their seven previous matches.
- Li Na beat Andrea Petkovic 6-2, 6-4 in the quarter-finals to reach back-to-back semifinals a the Australian Open, and set new benchmarks for tennis in China.
- Her next match is against the winner of the later quarter-final between No. 1 Caroline Wozniacki and French Open champion Francesca Schiavone.

THE ASSOCIATED PRESS

ANDREW BROWNBILL/THE ASSOCIATED PRESS

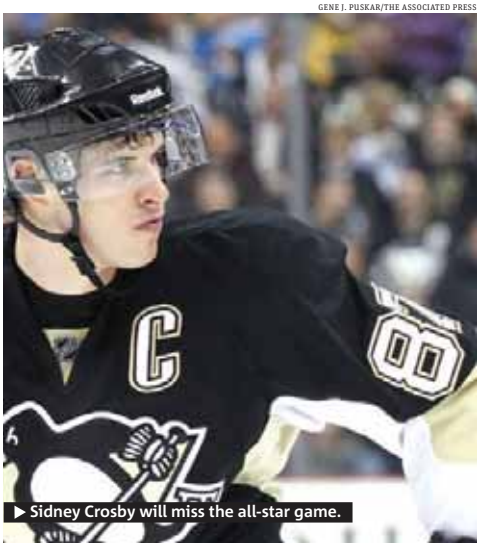


▶ Stanislas Wawrinka bites on a ball during his match against Roger Federer.

Crosby won't play in NHL all-star game

- Pens star still suffering from concussion's effects
- Says he has been improving, but no date for return

GENE J. PUSKAR/THE ASSOCIATED PRESS



▶ Sidney Crosby will miss the all-star game.

Sidney Crosby says he had difficulty completing tasks "you do every day" immediately after he was diagnosed with a concussion.

The Pittsburgh Penguins captain spoke with the media about his progress yesterday, the same day the team announced its superstar would miss Sunday's NHL all-star game.

The top vote-getter for the showcase event in Raleigh, N.C., Crosby was injured after absorbing hits to the head in successive games from the Capitals' David Steckel on Jan. 1 in the Winter Classic and the Lightning's Victor Hedman on Jan. 5.

"(The Penguins) were pretty clear in communicating to me when I saw doctors that there's no real timeline," Crosby said in a video posted on the Penguins' website. "People say 'mild concussion,' but I don't know if there's really ... such a thing. It's a serious thing. Obviously, it's frustrating."

Although the neck injury he suffered following the hits has improved, Crosby said the initial headaches were hard to cope with.

"It's brutal," he said. "You sit around and you can't really do anything. Even watching TV early on, I couldn't do that.

"The biggest thing is just things you take for granted. Things you do every day like driving, stuff like that would set (the headaches) off."

Crosby wouldn't set a specific date for a return to physical activity but says he has been improving.

"The good thing is the last four or five days have been pretty good," he said. "In any case, now it's something that you're seeing more and more guys being really, really careful with this, and it's for a good reason. You don't want to get in that situation where you have multiple ones or you come back too early.

"It's not going to do me any good to come back too early and be feeling like I do now."

Noted for his intense workout routine, Crosby said it has been hard to stay idle during the recovery process.

"It's really difficult. At the end of the day you keep reminding yourself that you've to got to make sure that everything's clear and that when you do come back that you're ready to go hard."

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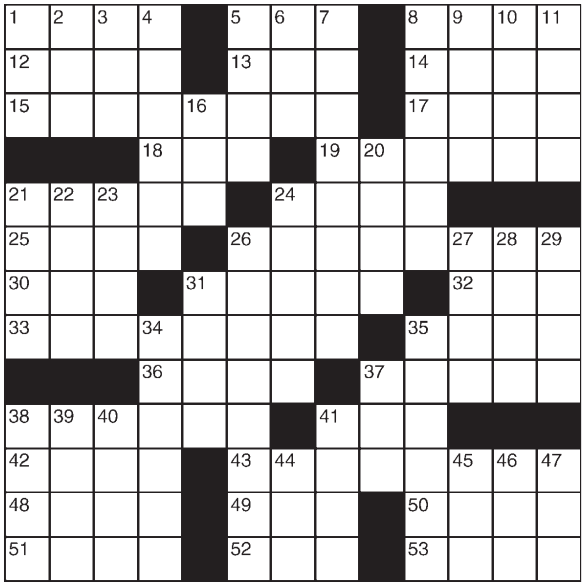
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Crossword



Across
1 Ballyhoo
5 Astronaut Grissom
8 On the rocks
12 Wander
13 Suitable
14 Protuberance
15 Something unexpected
17 Forum wear
18 Charged bit
19 "Pop Goes the —"
21 Whiskers
24 Relative standing
25 Capri or Wight
26 Land boundary finder
30 Sheep's call
31 Impaired by age and dampness
32 Past
33 Smith and Jones, e.g.
35 Worry
36 Census statistics
37 Arouses boredom
38 Incite to action
41 Tavern
42 Hawaiian island
43 Encircle
48 Despot
49 Before
50 Become unraveled
51 Jekyll's bad side
52 Potent stick
53 Monetary penalty

Down
1 120 min. = 2 —
2 Thee
3 Standard
4 Ottoman, for one
5 Profit
6 Boom times
7 Managers
8 Amount consumed
9 Dove's calls
10 Advantage
11 Transaction
16 Scepter
20 A deadly sin
21 Drool catchers
22 Birthright barterer
23 Winglike
24 Regulations
26 English county
27 Three feet
28 Curved molding
29 Deteriorates
31 Creche trio
34 Character
35 Way out there
37 It holds the mayo
38 This and that
39 Simple
40 Roe provider
41 Author Harte
44 Coffee vessel
45 Mentalist Geller
46 A Bobbsey twin
47 Hair coloring

▶ Yesterday's answer

B	E	G		F	A	R	M	S		C	O	B	
I	R	E		A	R	I	E	L		A	B	A	
B	A	L	T	I	M	O	R	E		R	O	B	
			O	R	R		G	U	R	N	E	Y	
C	A	S	T	L	E		E	T	U	I			
U	R	I		Y	S	L		H	I	V	E	S	
S	E	N	D		T	A	M		N	O	N	O	
P	A	G	A	N		M	A	V		R	I	M	
			A	N	A	G		R	E	C	E	D	E
O	P	P	O	S	E		I	T	O				
M	O	O		C	O	M	M	O	D	O	R	E	
E	R	R		A	D	O	B	E		N	E	W	
N	E	E		R	E	B	A	S		E	V	E	

Sudoku

		3	1		5			
	5					7	9	
2	8				6	4		
5		8	7				4	
				3				
	6				2	1		7
		7	6				8	5
	2	6					7	
			9		7	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	1	5	3	7	2	8	4	6
7	2	4	6	8	5	3	1	9
3	8	6	1	4	9	5	2	7
4	3	2	7	1	8	9	6	5
8	7	1	5	9	6	4	3	2
6	5	9	2	3	4	1	7	8
1	6	3	9	5	7	2	8	4
5	4	7	8	2	1	6	9	3
2	9	8	4	6	3	7	5	1

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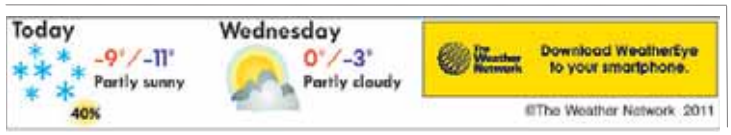
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Tom, We get some time away together soon. I can't wait for it to be just you and me and no work and all play. Love you Babe **RUTH**

Babe,
Since the day I met you, I have finally felt complete in my life. I love you more than words can say. Thankyou for everything. XOXOXOXOXO **GREG**

Andy, We've been through a lot in 2010...and its made me stronger. I'm falling in love with you all over again. Can't wait to for the move!! **LOVE, OMIE :P**

Lois Lane aka my freaky yellow chick...Lovin the lovin, totes brill time in the hood. You alone caused Superman to forget about saving the world, put down his tights and retire to the beauty rest. **HOLLA...SUPERMAN**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must have faith in yourself today. Otherwise, you are unlikely to make any headway in your attempts to be accepted into a social group you have admired from afar for so long.

♉ Taurus April 21-May 21 Find some quiet place to sit and listen to what your inner voice has to tell you. What you hear might just transform your existence. Your higher self knows what you need.

♊ Gemini May 22-June 21 Your imaginative powers are at a high at the moment. No matter how outrageous the thoughts that come into your head are, you must take them seriously. Among them is the key to your future prosperity.

♋ Cancer June 22-July 22 If you think of yourself as separate from other people then, inevitably, that is the reality you will create. You need to remind yourself that you are never truly alone.

♌ Leo July 23-Aug.23 You may receive news of an unwelcome nature today. There will also be a silver lining, so look on the bright side and find ways you can work this development in your favor.

♍ Virgo Aug. 24- Sept. 22 Where your work is concerned, today, it will pay you to do less but to a higher standard. Sometimes you get so caught up in what you are doing that quantity seems more important than quality.

♎ Libra Sept. 23-Oct. 23 You could be drifting a bit off course simply because you are moving so fast. Today, check that you are still moving in the right direction and, if not, make changes.

♏ Scorpio Oct. 24-Nov. 22 If there are still any doubts or negative images lurking in the back of your mind, you must cast them out. Don't give them the chance to do harm. A positive attitude is every bit as important as positive aims.

♐ Sagittarius Nov. 23-Dec. 21 If some kind of invisible force stops you in your tracks, you must take it as a sign that you are to proceed no further in that direction. Be smart and take the hint.

♑ Capricorn Dec. 22-Jan. 20 Keep the pressure on those who want to deny you what is rightfully yours. If you give any sign that you are weakening in your resolve, they will redouble their efforts to refuse you.

♒ Aquarius Jan. 21-Feb. 18 Be honest with yourself about what it is you desire and what it is you are prepared to do to possess it. Sacrifices will have to be made, and only you can decide if it is worth it.

♓ Pisces Feb. 19-March 20 It may seem as if you are having to struggle more than other people, but there is no point getting worked up about it. Life is always fair – it's just that we can't always see it.

SALLY BROMPTON

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BERMUDA
Grotto Bay Beach Resort ❀❀❀◐
Superior oceanview rm. • Feb. 12 • 1 wk.
$899 +Taxes & other fees: $111

BERMUDA
The Fairmont Southampton ❀❀❀❀❀ PRIVILEGES
Fairmont rm. • Feb. 12 • 1 wk.
$1329 +Taxes & other fees: $111

BAHAMAS | Nassau via Toronto
Sheraton Nassau Beach Resort ❀❀❀❀
Resort view rm. • Mar. 6 & 27 • 4 nts. • $300 INSTANT AIR CREDIT[1]
$1049 +Taxes & other fees: $132

JAMAICA
Sunset Jamaica Grande Resort & Spa ❀❀❀❀ PRIVILEGES
All-Inclusive • Traditional standard rm. • Mar. 7 & 14 • 1 wk.
$1249 +Taxes & other fees: $98

JAMAICA
Rose Hall Resort & Spa, A Hilton Resort ❀❀❀❀◐
All-Inclusive • Resort view guest rm. island gold • Mar. 7 & 14 • 1 wk.
$1699 +Taxes & other fees: $98

JAMAICA
Gran Bahia Principe Jamaica ❀❀❀❀◐ PRIVILEGES
All-Inclusive • Junior suite • Mar. 7 & 14 • 1 wk.
$1699 +Taxes & other fees: $98

CUBA | Holguin
Sirenis Playa Turquesa ❀❀❀❀
All-Inclusive • Superior rm. • Mar. 19 & 26 • 1 wk.
$1129 +Taxes & other fees: $155

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort ❀❀❀❀
All-Inclusive • Standard rm. • Apr. 8 & 15 • 1 wk.
$999 +Taxes & other fees: $155

CUBA | Cayo Coco/Cayo Guillermo
TRYP Cayo Coco ❀❀❀❀
All-Inclusive • Standard rm. • Mar. 19 & 26 • 1 wk.
$1099 +Taxes & other fees: $155

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana ❀❀❀❀
All-Inclusive • Junior suite • Feb. 26 • 1 wk.
$1279 +Taxes & other fees: $170

DOMINICAN REPUBLIC | Puerto Plata
Bahia Principe San Juan ❀❀❀◐ PRIVILEGES
All-Inclusive • Standard rm. • Mar. 2 • 1 wk.
$1299 +Taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana ❀❀❀❀◐ PRIVILEGES
All-Inclusive • Junior suite • Feb. 26 • 1 wk.
$1399 +Taxes & other fees: $170

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum ❀❀❀❀◐ PRIVILEGES
All-Inclusive • Standard rm. • Apr. 17 • 1 wk.
$1289 +Taxes & other fees: $245

MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto
Golden Crown Paradise ❀❀❀❀
All-Inclusive • Oceanview rm. • Mar. 5 - 19 • 1 wk.
$1579 +Taxes & other fees: $156
Please add $85 for Sat. & Sun. departures

BAHIA PRINCIPE HOTELS & RESORTS

DOMINICAN REPUBLIC | Samana
Bahia Principe Roulette ❀❀❀❀
All-Inclusive • Run of the house • Feb. 24 • 1 wk.
$1239 +Taxes & other fees: $170

DOMINICAN REPUBLIC | Samana
Gran Bahia Principe El Portillo ❀❀❀❀◐ PRIVILEGES
All-Inclusive • Standard rm. • Feb. 24 • 1 wk.
$1379 +Taxes & other fees: $170



Gran Bahia Principe El Portillo

USA • 3 NIGHTS

MASSACHUSETTS | Boston
Royal Sonesta Hotel Boston ❀❀❀❀
Double Cambridge view rm.• Feb. 1, 2 & 7 – 9
$449 +Taxes & other fees: $114

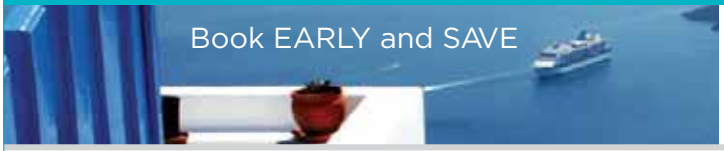
ILLINOIS | Chicago via Montreal
Sheraton Chicago ❀❀❀❀
Double or twin guest rm. • Feb. 3
$639 +Taxes & other fees: $128

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ENGLAND | London
Hotel Ibis London Earls Court ❀❀❀
Breakfast • Standard rm. • Mar. 22 • 4 nts.
$799 +Taxes & other fees: $431

ITALY | Rome via Toronto
Mercure Corso Trieste ❀❀❀
Breakfast • Standard rm. • Apr. 5 • 1 wk.
$1339 +Taxes & other fees: $381

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